

**Chat box links** – HHR & Wellness Jan. 18, 2023 Med Staff Forum (#31)

**Slide #4 – Medical Staff Intranet**

VCH Medical Staff Intranet – <https://one.vch.ca/covid19/for-medical-staff>

Vaccine Updates & Information – <https://one.vch.ca/covid19/information-for-staff>

**Slide #6 – PQI Training**

L2 Intermediate Training – <https://medicalstaff.vch.ca/working-for-change/vch-phc-plqi/intermediate-gi-training>

L3 Advanced Cohort Training – <https://medicalstaff.vch.ca/working-for-change/vch-phc-plqi/advanced-gi-training-and-project-support>

**Slide #8 - National Standard on Psychological Health & Safety**

National Standard – [https://www.csagroup.org/documents/codes-and-standards/publications/CAN\\_CSA-Z1003-13\\_BNQ\\_9700-803\\_2013\\_EN.pdf](https://www.csagroup.org/documents/codes-and-standards/publications/CAN_CSA-Z1003-13_BNQ_9700-803_2013_EN.pdf)

**Slide #10 – Wellness Supports for Medical Staff**

LifeWorks Physician Health Program – <https://www.physicianhealth.com/>

Dentist Wellness Program – <https://bcdental.org/membership-benefits/dental-office-wellness/dentist-wellness-program/>

LifeWorks All Med Staff – <https://login.lifeworks.com/>

LifeWorks digital platform – <https://vchmedical.lifeworks.com>

**Slide #11 – VCH Wellness Supports for Medical Staff**

Physician Peer Support Program – <https://medicalstaff.vch.ca/working-for-change/physician-peer-support-program>

Self-Compassion & Mindfulness Sessions – <https://medicalstaff.vch.ca/news/bringing-mindful-self-compassion-in-medicine-to-vch-medical-staff>

**Slide #12 – Wellness Initiatives**

PAWS dog therapy program – <https://one.vch.ca/working-here/health-safety-wellness/wellness/paws-therapy-dogs>

Wellness Mini Grants – <https://one.vch.ca/working-here/health-safety-wellness/wellness/wellness-campaigns-resources>

VGH Fitness Centre – [http://www.vch.ca/Locations-Services/result?res\\_id=1184](http://www.vch.ca/Locations-Services/result?res_id=1184)

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**Slide #13 – Local Fitness Centres – Corporate Discounts**

Employee discounts – <https://one.vch.ca/culture/employee-marketplace/employee-discounts>

**Slide #14 – Mental Health First Aid Training**

Mental Health First Aid Training for staff – <https://learninghub.phsa.ca/Courses/28974/mental-health-first-aid>

MHFA For Leaders – <https://learninghub.phsa.ca/Courses/29783/the-working-minds-for-healthcare-leaders>

**Slide #18 – Health System Capacity & Flow**

Jan 6 Memorandum – <https://one.vch.ca/working-here/one-vch/messages-from-the-president-and-ceo>

**Slide #22 – Why Drug Decriminalization?**

BC Gov on Drug Decriminalization – <https://www2.gov.bc.ca/gov/content/overdose/decriminalization>

**Slide #28 – Live Q&A re: Planetary Health**

March 2022 Newsletter, topic Planetary Health – <https://medicalstaff.vch.ca/news/newsletters>

**Slide #29 – Wellness Support for VCH Medical Staff and their families**

Wellness Wednesday Series –

<https://learninghub.phsa.ca/Learner/Search?CourseTitle=Wellness+Wednesday>

Free Calm app Premium Subscription for VCH Staff – <https://one.vch.ca/culture/employee-marketplace/employee-discounts/calmapp>

**Slide #30 – Check out the Medical Staff Website**

Newsletters – <https://medicalstaff.vch.ca/about/newsletters>

HAMAC – <https://medicalstaff.vch.ca/about/committees/health-authority-medical-advisory-council/>

**Slides #31 – SAVE THE DATE: March 1st, 2023**

Register for next Medical Staff Forum – <http://bit.ly/3H26o5N>

2-min anonymous feedback survey – <http://bit.ly/3CUIOGC>